



# Tiny Tot News

## IT'S THAT TIME AGAIN!

### PURPOSE OF OUR TINY TOT PRESCHOOL

The tiny tot program is designed to promote social and recreational interaction between children ages 3-5 years old. This program will help children learn to listen, recall, follow directions, practice newly acquired skills and solve problems. Age appropriate activities will be offered in language development, and a variety of motor skill development.

**Sharing and respecting others is enforced!**

### REQUIREMENTS

All children must be toilet trained.  
Registration fee of \$80.00 must be paid at the beginning of each session.  
Registration fee is non-refundable.  
Children entering the program must be three years old.

If you are looking for a program that will enhance your child's social skills and prepare him/her academically. Lee County Parks and Recreation Tiny Tot Preschool will be the best choice for your child.

Enrolling your child in the Tiny Tot Program will help them to become well rounded individuals. It is important for young children to experience social and recreational interaction with their peers. The ability to interact with others at an early age is very essential to a child's life as they grow older. The tiny tot program will teach your child the importance of sharing and being respectful to their peers.



**Have Fun Learning!**

## Helping your child manage their time effectively

A new school year presents fresh challenges and lays waste to the decidedly less frantic summer routine--for both parents and children. The fact is, the "three R's" have given way to a much more daunting schedule of classes, clubs, practices and assorted extracurricular activities for young students to navigate. Parents can help their children stay focused and successful by encouraging good organizational habits. The more organized your child's schedule is, the more likely it is that you'll be able to keep your own schedule. The leading manufacturer of calendars and organizing supplies, offers these tips to parents to help their children get organized.

**Dip your toe in the planning water** - Encourage children to use a school planner to keep assignments in order. Parents should review the planner with the child often, and talk about upcoming assignments and exams. In order to make things less stressful, have your

child list upcoming activities in the planner as well, such as a football game or birthday party.

**Begin each morning the night before** - Pack book bags, lay out clothes, prepare lunches and review assignments due the next day so that children and parents have little to worry about as they leave in the morning.

**Set aside "homework time"** - Set aside time each night for homework so that it becomes routine. Be considerate of your child's homework time by not watching television; in fact, "homework time" can be used by parents as well, to pay bills, write correspondence, etc. Designate a work area for the child, such as a desk in the child's room, or a dining room or kitchen table, where the child can spread the work out with little distraction.

**Allow "down time" each night** - Just as adults need time to unwind from a hectic day, so too do children. Set aside time after homework for children to relax. Encourage productive relaxation such as reading a book for fun. It's also a good time for the entire family to catch up on the day's activities.

The keys to staying organized are planning in advance and developing a routine. By staying ahead of the game, both children and parents can be prepared for what is coming up, and can be better prepared to handle those situations that have a tendency to pop up at the least convenient time.

### Tiny Tot Newsletter

Volume 2, Issue 1

Aug. Sept. Oct. 2006

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# Find a hobby for you and your child

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- [Aquariums](#)
- [Beachcombing](#)
- [Bell Ringing](#)
- [Birding](#)
- [Books](#)
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- [Candle making](#)
- [Cloud Watching](#)
- [Collecting](#)
- [Crafts](#)
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- [Woodworking](#)
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- [Rocks, Gems, and Minerals](#)



Spending Time with your child  
PRICELESS!

## GOOD IDEA! Watching the Grass Grow

**Kids learn about letters and how things grow when they fill a pot with dirt and write their names in grass seed on top.**

**No mowing required.**

**What you'll need:**

- Plastic window box liner or plant pot (depending on the length of your child's name)
- Water
- Bag of soil

- Wooden spoon
- Small bag of grass seed

**What you'll do:**

Fill the container three-quarters full with soil. Add enough water to moisten the dirt, but don't swamp it. Let your kids mix it all up. Smooth the top of the soil as best you can, but don't pack it down. Using the top of a wooden spoon,

**(Gardening)**

guide your child's hand as you write out his or her name in big block letters in the soil (use your judgment regarding how much to help them with this part), and sprinkle the indentations you've made with the grass seed. Lightly water the soil, and then be sure to have your kids water it each day. Within a few days their names will appear in lights... we mean, grass!

## Paint the Town -- or at Least Your Sidewalk

**What you'll need (makes one color of paint):**

- 1/4 cup water
- 1/4 cup cornstarch
- Food coloring
- Paintbrushes

**What you'll do:**

Mix together the water and cornstarch until it's smooth. Drop in the food coloring until you reach the ideal shade. Repeat until you have enough paint in enough colors to make everyone happy. Take to the sidewalks and let the kids loose. Worried about what the neighbors will think? All it takes is a decent

**(Painting-Art)**

rainstorm or a good hosing down to remove the masterpieces.



Sounds Like Fun!

## It's Time To PLAY

Physical fitness is a vital part of being healthy. For children, being and staying physically fit can happen with activities they refer to as PLAY! Play that makes them breathe deeply is aerobic exercise. Aerobic activities such as bicycling, jumping rope, roller skating, running, dancing, and swimming can be beneficial if they are done for 12 to 15 minutes without stopping.

The young child develops an active lifestyle as he or she begins to creep, crawl, and then walk. Young children learn how to move in their environment by playing alone in their own personal space.

As children grow, they hop, march, run, roll, toss, bounce, and kick. Their bodies

are changing in terms of height and weight, and they are beginning to form a self-concept through comparison with others as they move.

When play is organized into specific movements, it becomes exercise. For exercise to become part of each day, these movements or activities should meet the interests and needs of your child. Play is the beginning. Children can follow their own paths to lifetime fitness by exercising for fun and at their own pace.

Watching too much TV can deprive your child of opportunities to play and exercise. Set a good example. Limit TV watching. Walk to your destination as often as possible. Play active games with

your child. Help form neighborhood sports teams and participate in the recreation.

Everyone can exercise. Certain exercises keep your heart and lungs healthy. Strong, flexible muscles can be developed with exercise. As your child achieves fitness through exercise, a growing self-confidence will be another benefit of a fitness routine.



## Teaching your children good manners creates a foundation for them that will follow them through life.

In this day and age, it's appalling at the lack of manners and respect that children have for people around them. Teaching a child how to behave properly is not hard at all, but is something that must be started while they are young and reinforced constantly. As they grow, you'll find if the foundation is there, the reminders are less and less and you will be proud of the well-mannered child you have raised. The beginnings of manners are the two simple words/phrases of "Please" and "Thank You". As young as a one-year old, you should be using these terms on a daily basis w/them. When you hand them something, like their juice, say "Please" so that they associate receiving something with that word. If they hand something to you, like a toy you've asked for, respond with a "Thank You" – again to have the association with the phrase for when they do an action asked of them. If you continue using these two words/phrases every day, your child will learn that they are something to

be used whenever they wish something, or when they have completed a task. Although we raise our children to not talk to strangers, it is polite behavior to at least respond with a greeting when they have been spoken to. When someone says "Hello" or talks to him or her, it's a good habit to get into with them to prompt them to respond at least with a "Hello" back. This is a little more difficult since most children are shy when spoken to, but again, gentle, encouraging reinforcement will soon bring the appropriate response. Teaching a child to share and be generous to others is also a daunting task, but can be accomplished. Sharing is hard when they are young since they feel that everything within their house is theirs.

When another child comes to play and starts to interact with their toys in a manner that they don't play with them, the child feels threatened and will respond by taking their toy back, or becoming defensive of their play area. To encourage your child to share,

explain that this other child is here to visit and has no toys to play with. Explain how your child would be sad without anything to play with, then settle on some toys that your child isn't overly attached with to share with the visitor. Do not expect your child to hand over their favorite toys, and do not force them to do so. Put those toys away or out of reach, and explain to the children that those are your child's special toys and aren't for general playing.

Your child will be reassured by these actions. Don't expect your child to be sharing right off the bat or even to forget and get possessive – these are children, and you must remember this. But over time, if you continue to encourage your child to share and be generous with their possessions, the foundation is there that the majority of the time, your child will behave accordingly.



**Ages:** 3-5, 6-8

**Location:** Indoors, Outdoors

**Skills:** Physical, Social/Emotional

**What you'll need:**

Recording of the "Mexican Hat Dance" or another festive song from Mexico

Construction paper

Scissors

Markers

**Background:**

This version of the "Mexican Hat Dance" gives children who are inhibited the chance to dance with a group. It's a great addition to a party with a Latin American theme.

**Setting up:**

Cut a large circle from construction paper and use a marker to draw the features of a Mexican sombrero like the one in the illustration above. Lay the drawing in the center of the floor and ask the children to stand

## Cont'd

**What to do:**

Play the "Mexican Hat Dance" on a recording and have the children move in a circle around the hat. Clap to emphasize the beat of the music and encourage the children to clap along. During the "Mexican Hat Dance" dancers step on the edge of the hat as they move in a circle. Older children will be able to dance, clap and move around the hat.



## Do You Remember?

### Hopscotch

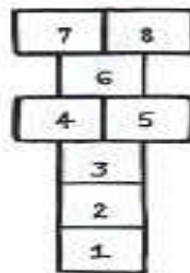
**Materials**

- Chalk

**Directions**

There are a number of ways a hopscotch game can be set up. Find a level surface and draw the diagram shown on the page. Each box should be about 18 inches square. Draw another line a few feet from the bottom of the diagram. Number each box as shown. You will need a smooth stone or other small object that can be thrown onto the squares. To start the game, stand behind the line and throw the stone onto square. Hop over the stone onto square 2 and continue to hop to square 3. Jump with both feet on to squares 4 and 5, hop onto square 6 and jump with both feet onto squares 7 and 8. To come back the other way, jump and turn at the same time and retrace your steps. When you reach square 2, stand on one foot and bend down to pick up the stone. Return to

the line. Continue the game by throwing your stone onto square 2 and repeating the hopping, jumping, and turning. You lose your turn when you miss the square with your stone or when you step on or over the line. Leave your stone in the square to be repeated if you're playing with friends. Try to complete the path through the hopscotch from square 1 to square 8 and back again



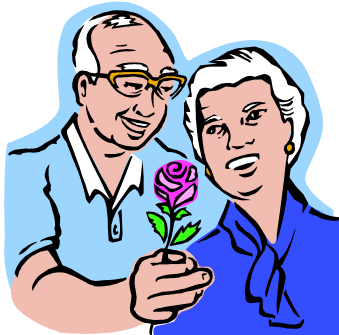
# Grandparents Day

## First Sunday After Labor Day

In 1970, a West Virginia housewife, Marian Lucille Herndon McQuade, initiated a campaign to set aside a special day just for Grandparents. Through concerted efforts on the part of civic, business, church, and political leaders, this campaign expanded statewide. Senator Jennings Randolph (D-WV) was especially instrumental in the project. The first Grandparents Day was proclaimed in 1973 in West Virginia by Governor Arch Moore. Also in 1973, Senator Randolph introduced a Grandparents Day resolution in the United States Senate. The resolution languished in committee.

Mrs. McQuade and her team turned to the media to garner support. They also began contacting governors, senators, congressmen in every state. And they sent letters to churches, businesses, and numerous national organizations

interested in senior citizens. In 1978, five years after its West Virginia inception, the United States Congress passed legislation proclaiming the first Sunday after Labor Day as **National Grandparents Day**. The proclamation was signed by President Jimmy Carter. (September was chosen for the holiday, to signify the "autumn years" of life.) Today this event, begun by only a few, is observed by millions throughout the United States.



Grandparents are special people!

## **The Purpose for the Special Day**

### **To honor grandparents**

**To give grandparents** an opportunity to show love for their children's children.

**To help children** become aware of the strength, information and guidance older people can offer.

## Grandparents Day Continued

Grandparents Day is a family day. Schools, churches, and senior organizations honor grandparents with special events. Some families enjoy small, private gatherings. Others celebrate by holding a family reunion. Board games which are easily played by young and old add enjoyment to family gatherings, enhancing "intergenerational interaction".

For those who entertain large groups, it can be fun to have a story-telling time, allowing grandparents to relate stories of their past, enlightening children about "the old days." Also interesting is to take a census, such as oldest and newest grandchild, family with the most grandchildren, and families with five generation present

As Grandparents Day approaches, help Children and/or Grandchildren to identify and date all photos in old family albums. Many happy memories can be derived from this. Everyone that is a grandchild and can be involved in the observance of this day - a time to discover one's roots and learn patience, understanding and appreciation for the elderly. Grandparents Day is the perfect time to enhance communication between the generations.

**GRANDPARENTS DAY  
CAN SIGNIFY A  
LOVING SPIRIT THAT  
LIVES WITHIN US  
THROUGHOUT THE  
YEAR--A SPIRIT OF  
LOVE AND RESPECT  
FOR OUR ELDERS.**

## Notes

- The next registration for tiny tots and all other recreational programs will be October 23, 2006  
Session 2
- Please make sure you pay your \$80.00 fee at the time of registration
- You may be asked to pay \$2.00 to \$3.00 for activities and crafts throughout the month.
- Be on the lookout for our next issue of Tiny Tot News
- If you have any toys that you would like to donate to our Tiny Tot Pre-school please do so. Your donation is much needed and appreciated!
- Have a Happy and Safe Halloween
- If you signed up for any party favors please keep the date in mind!



**Any Comments or Concerns  
feel free to contact Tiny  
Tot instructors or call  
775-2107 x 207**



2211 Tramway Road  
Sanford, NC 27330

Phone: 919-775-2107

Dedicated to serving the  
Community



## Sponsored By: Lee County Parks and Recreation

### Registration Dates

October 23, 2006 for session II  
January 23, 2007 for session III

### Program Locations/Days

Broadway Site: Main St.  
Tue. & Thurs. 9am-12noon  
Bob Hales Center: 147 McIver St.  
Mon. & Wed. 9am-12noon

### Class Information

Session I - August - November  
Session II - November - February  
Session III - February - May

### Staff

Broadway & Bob Hales Sites  
- Ms. Catherine Almond  
- Ms. Kimberly Cox

Information taken from various websites

By: Bill Shuey, Recreation Programmer

## Halloween Trick or Treat

quick and easy recipe

### Pumpkin Pie Squares

Yield: 24 servings 1/2 c Quick cooking rolled oats 1/2 c Brown sugar 1/2 c Butter 1 lb Pumpkin 13 1/2 oz Evaporated milk 2 Eggs 3/4 c Sugar 1/2 ts Salt 1 ts Cinnamon 1/4 ts Cloves, ground 1/2 c Pecans; chopped 1/2 c Brown sugar 2 tb Butter 1/2 ts Ginger Preparation Time: 0:55 Combine flour, rolled oats, 1/2 cup brown sugar and 1/2 cup butter in mixing bowl. Mix until crumbly, using electric mixer on low speed. Press into ungreased 9 x 13 pan. Bake at 350 degrees for 15 minutes. Combine pumpkin, evaporated milk, eggs, sugar, salt and spices in mixing bowl; beat well, pour into crust. Bake at 350 degrees for 20 minutes. Combine pecans, 1/2 cup brown sugar and 2 T. butter; sprinkle over pumpkin filling. Return to oven to bake 15 to 20 minutes or until filling is set. Cool in pan and cut in 2 inch squares. Makes 2 dozen. -----

Recipe by: Sue Klapper



Cooking is a fun way to spend time with your child!

